

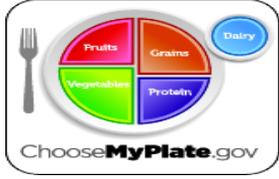


MILLVILLE PUBLIC SCHOOLS LAKESIDE MIDDLE SCHOOL LUNCH MENU SEPTEMBER 2015

A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk.

Milk choices include skim milk, 1% white and skim chocolate. Fresh Fruit and 100% Fruit Juice based on availability.

School lunches offer students the opportunity to create a meal from a variety of food groups.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p><u>REMINDER</u> Please turn in your completed lunch application as soon as possible</p> |  ChooseMyPlate.gov | <p style="text-align: right;">(2)</p> <p style="text-align: center;">“Burger Bar” Sautéed Onions, Mushrooms, Lettuce and Tomato Savory Baked Beans French Fries Seasoned Carrots</p> | <p style="text-align: right;">(3)</p> <p style="text-align: center;">Chicken Dipper Day Chicken Tenders, Spicy Tenders Or Popcorn Chicken Dinner Roll/Dipping Sauce Seasoned Spinach Fresh Pears</p> | <p style="text-align: right;">(4)</p> <p style="text-align: center;">Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad French Fries Seasoned Green Beans Sliced Watermelon</p> |
| <p style="text-align: right;">(7)</p> <p style="text-align: center;">LABOR DAY SCHOOL CLOSED</p> | <p style="text-align: right;">(8)</p> <p style="text-align: center;">Cheese Steak Bar Fried Onions/Peppers/Mushrooms Lettuce and Tomato French Fries Chilled Pears Fresh Fruit</p> | <p style="text-align: right;">(9)</p> <p style="text-align: center;">“Chicken Bowl” Popcorn Chicken Over Mashed Potatoes/Gravy/Cheddar Cheese Corn and Cheddar Cheese 100% Fruit Juice Cup</p> | <p style="text-align: right;">(10)</p> <p style="text-align: center;">“Burger Bar” Sautéed Onions, Mushrooms, Lettuce and Tomato Savory Baked Beans French Fries Seasoned Green Beans</p> | <p style="text-align: right;">(11)</p> <p style="text-align: center;">Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Broccoli Ranch Salad</p> |
| <p style="text-align: right;">(14)</p> <p style="text-align: center;">Chicken Fajita’s Peppers, Onions, Salsa, Cheddar Cheese/ Sour Cream Whole Grain Fiesta Rice Corn</p> | <p style="text-align: right;">(15)</p> <p style="text-align: center;">Grilled or Breaded Chicken Patty on a Bun Ranch Or Honey Mustard Lettuce and Tomato French Fries Fresh Oranges</p> | <p style="text-align: right;">(16)</p> <p style="text-align: center;">Hot Dog on a Bun Macaroni and Cheese Savory Baked Beans 100% Fruit Juice Fruit</p> | <p style="text-align: right;">(17)</p> <p style="text-align: center;">Nacho Bar Lettuce/Tomato/Cheese/Sour Cream/ Salsa/ Black Sliced Olives Whole Grain Fiesta Rice Corn</p> | <p style="text-align: right;">(18)</p> <p style="text-align: center;">Pizzeria Style Pizza or Stuff Crust Pizza French Fries Tossed Romaine Salad Green Beans</p> |
| <p style="text-align: right;">(21)</p> <p style="text-align: center;">Chicken Parmesan With Pasta or On a Bun Seasoned Spinach Chilled Pears</p> | <p style="text-align: right;">(22)</p> <p style="text-align: center;">Toasted Cheese Sandwich Tomato Soup French Fries Chilled Mixed Fruit</p> | <p style="text-align: right;">(23)</p> <p style="text-align: center;">Brunch Lunch French Toast or Eggs Sausage Potato Puffs 100%Fruit Juice Cup</p> | <p style="text-align: right;">(24)</p> <p style="text-align: center;">Chicken Dipper Day Chicken Tenders, Spicy Tenders Or Popcorn Chicken Dinner Roll/ Dipping Sauce Seasoned Carrots</p> | <p style="text-align: right;">(25)</p> <p style="text-align: center;">Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad Garbanzo Bean</p> |
| <p style="text-align: right;">(28)</p> <p style="text-align: center;">Nacho Bar Lettuce/Tomato/Cheese/ Sour Cream/ Salsa/ Black Sliced Olives Whole Grain Fiesta Rice Corn</p> | <p style="text-align: right;">(29)</p> <p style="text-align: center;">Burger Bar Sautéed Onions, Mushrooms Lettuce/Tomato French Fries Savory Baked Beans</p> | <p style="text-align: right;">(30)</p> <p style="text-align: center;">Spaghetti and Meatballs Garlic Breadstick Or Meatball Sub Steamed Broccoli Fresh Apple</p> | <p style="text-align: center;">Millville Public Schools offers <i>Myschoolbucks.com</i> an online payment and cafeteria information source.</p> | <p>Fresh Fruit Available Daily</p>  |

ALTERNATE ENTRÉE: ASSORTED COLD SANDWICHES, SALADS, SUBS, PEANUT BUTTER & JELLY SANDWICHES
TURKEY PEPPERONI OR TURKEY HAM AND CHEESE ON A PRETZEL BUN, PIZZA, CHICKEN TENDERS, BUFFALO WRAPS
LUNCH PRICE \$3.00, \$.40 Reduced*, Free*(If Qualified) / USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.